

EXERCISE CONTRACT

To begin my healthy lifestyle, I , _____ , commit to
begin _____ (type of exercise) for _____ minutes on:
____Mon. ____Tues. ____Wed. ____Thurs. ____Fri. ____Sat. ____Sun.

I plan to do my exercise in the following location: _____.
(alternate location, if weather interferes: _____)

My Goal - Total Minutes Per Exercise Session

Week 1: _____ min.

Week 4: _____ min.

Week 2: _____ min.

Week 5: _____ min.

Week 3: _____ min.

Week 6: _____ min.

Signature



Date